

Oak Marr RECenter

Spring

XYO-Group Fitness Schedule (March 27 –June 25)

If you do not have a pass to the RECenter a \$6.20 (non-county \$8.25) general admission fee will be charged at the time of check-in. Calendar is subject to change, please call the RECenter with questions or concerns.

MON	TUES	WED	THUR	FRI	SAT
	Mix It Up! 6:00 am Mona		Mix It Up! 6:00 am Mona		Hi/Low 7:55 am Richard
	Low Impact 9:00 am Judy		Low Impact 9:00 am Judy		Step It Up! 9:00 am Julie
					Cardio Kickboxing 10:00 am Vic
	Sculpt, Strengthen and Tone 4:30 pm Francie		Sculpt, Strengthen and Tone 4:30 pm Francie		
Step It Up! 5:00 pm Irene		Step It Up! 5:00 pm Irene			
Low Impact 6:15 pm Fred		Low Impact 6:15 pm Fred			

Please feel free to let us know how
we are doing.
e-mail me at this address
James.Curley@fairfaxcounty.gov

Call the center at 703-281-6501
for cancellations due to weather.